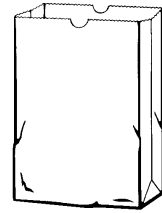


IN THE BAG
Potomac Vegetable Farms
September 5-7, 2006



Fall is gliding in, with cool, dewy mornings and the sun shining straight into our eyes at the beginnings and ends of the days. The tomatoes are still going strong, but the cucurbit crops have given up, for the most part. We are gearing up to start digging sweet potatoes and harvesting winter squash. In a few weeks, everything will feel very different: the greens will be back.

Our spaghetti squash crop was a disappointment, but the Robust shares will each get one this week. Just boil or bake the squash whole until it's soft enough to poke with a fork, cut it open, scoop out the seeds, and lift the "spaghetti" out with a fork. Serve with your favorite pasta topping, or just add butter and salt.

Pole beans are ready now – both the red noodle beans and the curly long green beans. They have a lot of old-fashioned bean flavor. Cut them into smaller lengths, and then boil, steam, or sauté. Other folks will receive the regular green beans, which are familiar and delicious (especially when sautéed with fresh garlic).

Low-Fat Tomato-Rice Soup

Serves 4 - 6

Washington Jewish Week

2 lbs. tomatoes, peeled and coarsely chopped
2 cloves garlic, pressed through garlic press
1 C. cooked brown rice
½ onion, finely minced
2 Tbl. extra virgin olive oil
1 qt. vegetable stock
fresh basil, salt and pepper to taste
Optional garnishes: sour cream, fresh chives, or scallions

Heat a large pot and add the olive oil. Sauté onions until translucent. Add garlic and sauté 1 minute. Add tomatoes and simmer 10 min, stirring often. Add stock and simmer 30 min. Season with basil, salt, and pepper to taste. Add rice and simmer 5 min. Divide into bowls and garnish if desired with a dollop of sour cream and sprinkle with chopped chives or scallions. If you prefer thicker soup, puree some or all of it in a blender.

Potatoes Gruyere en Casserole

Serves 4

The Vegetarian Epicure

4 or 5 potatoes, peeled and thin sliced	2 Tbl. chopped chives
1 C. sour cream	Salt and pepper
4 - 6 oz. grated Gruyere	Butter
1 small onion, finely chopped	wheat germ or breadcrumbs

Mix together the sour cream, grated cheese, onion, and chopped chives. Butter a casserole and arrange in it a layer of potatoes; salt and pepper them well. Follow with a layer of half the sour cream mixture, and so on, finishing with a sour cream layer on top. Sprinkle on some wheat germ or breadcrumbs, dot with butter, and cover with a buttered lid. Bake at 350 for 2 hours. Serve steaming hot.

Potatoes Romanoff

The Vegetarian Epicure

Serves 6 - 8

6 lg. potatoes
2 C. lge. curd cottage cheese
1 C. sour cream
1 - 2 cloves garlic, put through a press

1 tsp. salt
2 -3 scallions, finely chopped
1 C. grated cheddar cheese
paprika

Peel and boil potatoes until they are just barely tender, not soft. Cut them into small cubes, and combine them with the cottage cheese, sour cream, garlic, salt, and scallions. Turn mixture into buttered casserole and sprinkle with the cheddar cheese. Add a little paprika and bake at 350 for about 30 min. Serve hot.

From CSA member MJ Prest: "I have a solution on what to do with all these tomatoes now that I've had my fill of tomato sauce, salsa, and TBM sandwiches. It also makes good use of those nice carrots, potatoes, and onions we've been getting."

Curried Lentil Soup

2 tablespoons olive oil
1 onion, chopped
3 small or two medium potatoes, peeled and chopped
3 carrots, peeled and chopped
2 tablespoons curry powder
1/2 teaspoon cayenne
1 teaspoon Kosher salt
3 14-oz cans vegetable broth
6-8 tomatoes, diced
1 16-oz bag of lentils, rinsed and drained

In a stockpot, heat olive oil over medium-high heat. Add onion, potatoes, and carrots and saute until softened, about 5 minutes. Stir in curry powder, cayenne, and salt until fragrant, another 30 seconds.

Add the broth, tomatoes (with their juices), and lentils and bring to a boil. Reduce heat to medium-low, cover pot, and simmer until the lentils are tender, about one hour.

And it freezes well! Meat-lovers can add sausage or cut-up hot dogs too.